



# Community And Enrichment Center

**WEEKLY NEWSLETTER**  
**MAY 28, 2021**

## **HAWAIIAN CHICKEN KEBABS**

*Hawaiian Chicken Kebabs made with bright pineapple, red onion, bell pepper and the most delicious flavor packed, marinated chicken.*

## **SENIOR PLANET: HOW TO SPOT FAKE NEWS**

*Concerned about fake news? In the digital age, anyone can publish anything on the internet.*

## **4 SIMPLE STEPS TO KEEP FOOD SAFE**

*By following a few simple steps as you shop, store, cook, and transport foods, you can greatly reduce your risk of food poisoning..*

## **WHAT'S HAPPENING AROUND THE CITY**

*Find out what's happening at The Community and Enrichment Center.*



# HAWAIIAN

## CHICKEN KEBABS

### INGREDIENTS

#### Marinade:

- 1/3 cup ketchup
- 1/3 cup packed dark brown sugar
- 1/3 cup low-sodium soy sauce
- 1/4 cup canned pineapple juice
- 4 Tbsp olive oil , divided, plus more for brushing grill
- 1 1/2 Tbsp rice vinegar
- 4 garlic cloves , minced (4 tsp)
- 1 Tbsp minced ginger
- 1/2 tsp sesame oil
- Salt and freshly ground black pepper

#### Kebabs:

- 1 3/4 lb boneless, skinless chicken breast , chopped into 1 1/4-inch cubes
- 3 cups (heaping) fresh cubed pineapple (about 3/4 of 3 lb pineapple)
- 1 1/2 large green peppers , diced into 1 1/4-inch pieces
- 1 large red onion , diced into 1 1/4-inch pieces

### DIRECTIONS

- In a mixing bowl whisk together ketchup, brown sugar, soy sauce, pineapple juice, 2 Tbsp olive oil, rice vinegar, garlic, ginger and sesame oil. Stir in 3/4 tsp pepper and season with salt if desired.
- Place chicken in a gallon size resealable bag. Reserve 1/2 cup of the marinade in refrigerator then pour remaining marinade over chicken. Seal bag and refrigerate 1 hour (meanwhile soak 10 wooden skewer sticks in water for 1 hour).
- Preheat a grill over medium heat to 400°F (200°C). Meanwhile, drizzle remaining 2 Tbsp olive oil over red onion, bell pepper and pineapple and toss. Season red onion and bell pepper with salt and pepper, then thread red onion, bell pepper, pineapple and chicken onto skewers until all of the chicken has been used.
- Brush grill grates with olive oil then place skewers on grill. Grill 5 minutes then brush along tops with 1/4 cup of remaining marinade. Rotate to opposite side and brush remaining 1/4 cup of marinade on opposite side.
- Allow to grill about 4 minutes longer, or until chicken registers 165°F (75°C) in center on an instant read thermometer. Serve warm.



SENIOR PLANET LECTURE:

# HOW TO SPOT FAKE NEWS

## Date & Time

Wed June 2 | 11:30am-12:45pm MDT

## Location

Online / By Phone

## Description

Concerned about fake news? In the digital age, anyone can publish anything on the internet. This lecture will provide a helpful explanation for the increase in the use of the term fake news, as well as give you some tools to evaluate news sources. We'll also review popular fact-checking sites.

Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/535803138>

Meeting ID: 535 803 138

OR

Call in by phone:

1-646-558-8656 or 1-312-626-6799

Meeting ID: 535 803 138

More Information: [seniorplanet.org](https://seniorplanet.org).



# 4 STEPS TO KEEPING FOOD SAFE

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Cross-contamination is how bacteria can spread. It occurs when juices from raw meats or germs from unclean objects touch cooked or ready-to-eat foods. By following a few simple steps as you shop, store, cook, and transport foods, you can greatly reduce your risk of food poisoning.

## Step 1: Shop Safe

- Wrap raw meat, poultry and seafood in plastic bags from the produce department to prevent juices from leaking onto other foods, and choose packaging that is well sealed and not leaking.
- Separate fresh or frozen, raw meat, poultry, seafood and eggs from produce and ready-to-eat foods in your shopping cart. Load meat, seafood, poultry and eggs into the top basket of your shopping cart to keep juices from leaking onto other foods.
- To transport groceries, place meat, poultry and seafood in plastic bags to prevent juices from leaking.
- Pack meats, seafood, poultry and eggs in a different shopping bag or tote than other foods. While you're at it, pack frozen and refrigerated foods separately from room temperature foods. This helps keep cold foods chilled until you get home, and it simplifies unpacking too.
- Place groceries in the back seat instead of the trunk of a vehicle.

## Step 2: Store Safe

- When storing food, refrigerate or freeze groceries within two hours.
- Prevent juices from meat, poultry and seafood from leaking onto other foods by storing them on the bottom shelf of your refrigerator in individual plastic bags or in their own containers.
- Keep eggs in their original disposable carton on the shelves, instead of in the refrigerator door.
- Store fruits and vegetables in individual plastic bags in the produce draw. This keeps them safe from yeast, mold and microbes that may lurk in the drawer.
- If you normally wash produce when you get home from the supermarket, make sure to store it in fresh, clean bags instead of the original ones.
- Store reusable totes in a clean, dry location and wash frequently with hot, soapy water or in the washing machine. Avoid leaving reusable totes in the trunk of a vehicle.

## Step 3: Cook Safe

- Wash your hands with warm, soapy water for 20 seconds before preparing food. And wash them again before, during and after handling raw meats and foods.
- Be aware of the tools used during cooking – never use the same knife for raw meat, poultry or seafood to chop produce or ready-to-eat foods. Also, use one utensil to taste and another to prepare food.
- Investing in two different cutting boards, one for produce and one for raw meat, poultry and seafood can go a long way in preventing cross contamination in your kitchen. Since grooves from old cutting boards can harbor bacteria, replace cutting boards as soon as they become worn.
- Place any unused, washed produce into clean storage containers, not back into the original ones.
- Marinate raw meat, chicken or fish in the refrigerator, not on the counter. If you want to brush marinade on cooked meat, set a small amount of the marinade aside before you add it to the raw meat. Then later, when you brush it on use a fresh, clean brush. Toss leftover marinades from grilled meat, chicken or fish – they can be swimming with bacteria.
- Wash plates between uses or use separate plates: one for holding raw meat, poultry or seafood and another for cooked foods.
- Stirring spoons, serving forks, slicing knives and plates used to hold raw food can be coated with bacteria. Be sure to replace or wash soiled utensils and plates as soon as they come into contact with raw food, and always serve cooked food on a clean plate.
- Keep dishcloths, counters and other surfaces clean.

## Step 4: Transport Safe

- Lunch boxes and bento boxes can harbor bacteria too. Keep them clean by washing them with warm, soapy water after each use.
- Keep foods the proper temperature by using thermal containers and cold packs.

Play it safe—to reduce the risk for food poisoning, separate meat, poultry, fish and eggs from other foods. According to the Centers for Disease Control and Prevention, 85% of all foodborne illness could be prevented if people handled food properly.

Source: [eatright.org](http://eatright.org)

Reviewed by Esther Ellis, MS, RDN, LDN : Published April 9, 2021; Reviewed March 2021



# What's Happening?



## MEET AND EAT

Meet and Eat is Back! Every Tuesday, Wednesday and Friday at 12 noon.

For reservations, call 970-848-2038

## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!



## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)



## HAVE IDEAS?

Are you interested in learning a new skill?  
Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.



# MEET AND EAT JUNE 2021

Throughout the COVID-19 quarantine, Meet and Eat is still available via home deliveries. Below is the Yuma meal calendar for May 2021. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



## Contact Information:



Marlene Miller  
Lead Ombudsman/Senior Service, SHIP  
N.E CO. Area Agency on Aging, Yuma County  
mmiller@necalg.com

## JUNE 2021 YUMA MEAL SITE

**FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>For Reservations</b> Call 848-2038 by 8:00 a.m. the day you want the meal.  <b>If you must cancel your meal,</b> please do so by 8:00 a.m. the day of the meal.	BEEF GOULASH MIXED VEGETABLES ROLL CINNAMON APPLE SLICES  <b>BIRTHDAY RECOGNITION</b>  Calories: 622 Carb: 93.1g Fiber: 13.1g Protein: 36.4g Fat: 15.6g Sod: 800mg	SPANISH RICE w/ GROUND BEEF TOSSED SALAD w/ SALAD DRESSING ROLL PEACH SLICES BUTTERSCOTCH BROWNIE  <b>SENIOR MEETING</b>  Calories: 778 Carb: 106.2g Fiber: 9.9g Protein: 31.5g Fat: 27.8g Sod: 546mg		<b>CHOICE: CHICKEN SALAD</b> TUNA SALAD 3 BEAN SALAD FRENCH BREAD MANDARIN ORANGES / BANANAS CHERRY CAKE  Calories: 603 Carb: 89.2g Fiber: 9.5g Protein: 29.9g Fat: 16.9g Sod: 905mg
<b>Suggested Donation - \$4.00</b>  <b>Under Age 60</b> Mandatory Charge - \$11.00	CABBAGE BURGERS COBBLER CORN BEAN MEDLEY SALAD BANANA SPLIT FRUIT CUP CHOCOLATE CAKE  Calories: 736 Carb: 109.3g Fiber: 12.1g Protein: 31.0g Fat: 23.4g Sod: 418mg	BBQ BEEF SANDWICH BRUSSEL SPROUTS POTATO SALAD PEACH POLKA DOT SALAD NATURE COOKIE  Calories: 717 Carb: 113.5g Fiber: 12.6g Protein: 35.8g Fat: 17.3g Sod: 929mg		<b>SWEET and SOUR CHICKEN</b> RICE ORIENTAL VEGETABLES WW ROLL FRUIT CUP  Calories: 643 Carb: 99.0g Fiber: 9.9g Protein: 35.1g Fat: 12.4g Sod: 489mg
<b>IF YOU CHOOSE THE CHOICE ENTRÉE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.</b>	HAM POTATO OMELET COUNTRY MIX VEGETABLES ROLL FRUIT CUP COOKIE w/ RAISINS  Calories: 754 Carb: 95.9g Fiber: 9.6g Protein: 32.9g Fat: 29.1g Sod: 811mg	<b>CHOICE: CHICKEN PENNE CASSEROLE</b> TUNA PENNE CASSEROLE CALIFORNIA VEGETABLES BRAN MUFFIN FRUIT SALAD CINNAMON CRISPIES  <b>BLOOD PRESSURE</b>  Calories: 659 Carb: 102.6g Fiber: 12.4g Protein: 32.1g Fat: 17.4g Sod: 665mg		<b>SWEDISH MEATBALLS</b> NOODLES FRITO SALAD ROLL MANDARIN ORANGES w/ BANANAS  Calories: 789 Carb: 110.7g Fiber: 10.5g Protein: 38.8g Fat: 24.0g Sod: 554mg
	<b>CHOICE: HAMBURGER STEAK</b> LIVER & ONIONS SCALLOPED POTATOES STEWED TOMATOES WW ROLL APPLESAUCE  Calories: 621 Carb: 89.5g Fiber: 10.2g Protein: 34.9g Fat: 15.8g Sod: 670mg	ROAST BEEF MASHED POTATOES & GRAVY LAYERED SALAD CALIFORNIA VEGETABLES ROLL TROPICAL FRUIT CUP COOKIE w/ RAISINS  Calories: 687 Carb: 86.8g Fiber: 10.0g Protein: 37.3g Fat: 23.0g Sod: 961mg		<b>SPRING GARDEN CHICKEN</b> GREEN BEANS APPLE MUFFIN OREGON BERRY COMPOTE  Calories: 645 Carb: 76.1g Fiber: 9.5g Protein: 40.0g Fat: 20.8g Sod: 906mg
<b>Menu may change due to availability of food items or conditions that cause the kitchen to close.</b>	CHICKEN A LA KING PERFECTION SALAD MIXED VEGETABLES BISCUITS PEACH SLICES OATMEAL BANANA RAISIN COOKIE  Calories: 706 Carb: 100.2g Fiber: 10.4g Protein: 39.2g Fat: 19.6g Sod: 599mg	BEEF STROGANOFF w/ NOODLES LAYERED SALAD BROCCOLI WW ROLL BANANNA SPLIT FRUIT CUP  Calories: 650 Carb: 90.4g Fiber: 10.8g Protein: 37.7g Fat: 17.8g Sod: 707mg		